



ELLINGTON SENIOR CENTER HEALTH & WELLNESS FAIR

Monday, October 5, 2015
1:00pm-5:00pm FREE Admission
40 Maple Street, Ellington, CT 06029
860-870-3133

Nutrition Workshops
Blood Pressure Screenings
Medicare Information
Energy Assistance Programs
Door Prizes
Emergency Management
Personal Training
Flu Shots

Bone Density Screenings
Diabetic Screenings
Tax Credit Information
Fitness Demonstrations
Brown Bag Pharmacy
Free Samples
Home Safety
Hands on Demonstrations

Mini-Seminars & Demonstrations:

TOPIC	PRESENTED BY:	TIME/LOCATION*
Welcome & Opening Remarks	Maureen McIntyre, Executive Director, <i>North Central Area Agency on Aging</i> ; Betsy Ritter, Commissioner, <i>State Dept. on Aging</i> ; Sandy Leubner, Statewide Information and Referral Coordinator, Statewide Senior Center and Municipal Agent Liaison, <i>State Department on Aging</i>	1:00-1:15pm Main Exhibition Hall
“Nutrition and Aging”	Julie Peterson, RD <i>UCONN Health Center for Public Health & Health Policy</i>	1:30-2:00pm Activities Room
Interactive Demonstration: “All Ability Senior Strength”	Heather Labbe, Wellness Director <i>Indian Valley Family YMCA</i>	1:30-2:00pm Arts & Craft Room
“When to Think About Joint Replacement”	Dr. Robert Dudek, MD, Orthopedic Surgeon <i>Johnson Memorial Medical Center</i>	2:05-2:35pm Activities Room
Interactive Demonstration: “Chair Exercises”	Linda Stein, Certified Fitness Instructor/Personal Trainer, <i>Ellington Senior Center</i>	2:05-2:35pm Arts & Craft Room
“Ways to Safeguard Your Living Space to Help Prevent Falls and Other Accidents”	Adam Parsons, OTR/L <i>Eastern Connecticut Health Network</i>	2:40-3:10pm Activities Room
Interactive Demonstration: “Simple Circuit Fitness Exercise”	Linda Stein, Certified Fitness Instructor/Personal Trainer, <i>Ellington Senior Center</i>	2:40-3:10pm Arts & Craft Room
“The A, B, C, D & E of Medicare”	Thomas J. Hardecker, Owner <i>Longview Wealth Management, LLC</i>	3:15-3:45pm Activities Room
Interactive Demonstration: “Fitness and Nutrition for Seniors”	Matthew Alaimo, Certified Personal Trainer & Nutritionist, <i>Anytime Fitness</i>	3:15-3:45pm Arts & Craft Room
“Everbridge Mass Notification System & Emergency Preparedness”	Don Davis, Director <i>Office of Emergency Management</i>	3:55-4:25 Activities Room
“Medication Safety”	Ashley MarcAurele, Pharm. D., Pharmacy Mgr., <i>Walgreens Pharmacy</i>	4:30-5:00pm Activities Room

***Subject to Change**

